

Appeal to her body, not her brain

326 upvotes | 4 March, 2016 | by Archwinger

I'm going to start with something a little basic but very wise that I'm stealing from Athol Kay's Married Men Sex Life Primer: "You are not your brain." Humans are animals, not all that much greater than lizards or dogs or jellyfish. Some animals have hard exoskeletons. Some have poisonous stingers. Some have sharp claws and teeth. We have brains. Brains are our tool that we use to overcome problems and defeat other animals.

Our brains are our body's tool. Our brains don't use our bodies to accomplish things. It's the other way around. Our body wants things, whether it's food, water, protection from shitty weather, or sex, and it uses its best tool, the brain, to figure out how to get these things.

This means that when you want a woman to fuck you, you don't try to appeal to her brain. That's a loser's route. If you try to appeal to her brain when her body doesn't want you, you'll be eating palm, pepper spray, or a cosmopolitan martini, depending on whatever she happens to have on-hand. Instead, you appeal to her body. You make her body want you. Her brain will then come up with a series of rationalizations to make your dick inside of her seem like a great idea, and do its utmost to try to convince you to put it there.

If you want to get laid, the single most important thing you can do with your life – greater than all other things – is BE GOOD LOOKING. Now I understand that many of us are born short, an undesirable race for wherever we live, have ugly faces, receding hairlines, or various other blemishes and imperfections. That's fine. Very few people can be a perfect ten. But you don't need to be perfect-looking, just good looking. That's enough to get laid.

If you take nothing else with you from your exposure to the Red Pill – nothing at all except for this – you will be a million times better than when you came: Lift weights. It's that simple. Get your ass into a gym 4-6 times a week, no excuses, and lift heavy shit to exhaustion. Do the research, eat a caloric surplus, look up a muscle-building routine that focuses on your primary lifts, and just keep doing it. Do not compromise on this.

It doesn't matter if you're a shitty-morph, a loser-morph, or whatever other excuses you have for not getting muscular. If you do the work, you will get stronger and better looking. You don't have to go ape-shit-crazy and start taking steroids or getting testosterone or growth hormones or eating five pounds of whey protein a day or end up looking like a circus strongman to get laid. You just need to get muscular. If you do the work, you can't help getting muscular. If you really like what you see and want to take those extra steps to become super-jacked, go for it, but for the general purpose of getting laid, just being a regular weightlifter 4-6 times a week who eats right and looks good will get you there.

Once you've gotten to the point where your body isn't changing rapidly in size any more and is growing slowly at best, buy clothes. Clothes that fit and show off your physique. There's more than enough literature out there on what's fashionable, and that will vary a lot depending on where you live, your social scene, and what you look like, so this is mostly a fun research project for you. When you look badass and have places to go and women to fuck, clothes shopping is fun, not a chore.

Groom, too, obviously. Get a stylish haircut. One that looks good from the sides and back, too, not just in the mirror. If you're balding, shave your head. And wear a modest cologne – not just deodorant. Most men smell a little musty as they age, and can't smell themselves. You know that you wouldn't give a woman who smelled slightly sweaty or yeasty a second thought, so if you have any hint of odor, you're done.

It is that simple.

I won't even get into "game" or personality or any social or professional aspects of your life at this point. I heartily believe that if you look the absolute best you can, within whatever limitations you were born with, that alone will increase your ability to get laid tenfold.

Why? Because women are animals. When they see a physically attractive man, their body instinctively wants to fuck that man. At that point, their body begins to utilize its best tool, their brain, to overcome the problem of how to fuck that man. With their brain feeding them constant rationalizations for why fucking you is such a great idea, you can pretty much say or do whatever you want. They'll laugh and think you're funny. They'll hint at their interest. They'll let you touch them. Their barriers will be down. Somehow, even though you just met her, she'll feel like she's known you forever. That's her brain, rationalizing whatever it needs to in order to further her body's desire to fuck you.

If you are good looking – sexually attractive – then everything you do is seen in the best light possible. You can be the biggest asshole on the planet, and women will laugh and think you're funny and charming. If someone tells them you're an asshole, they'll defend you and say you're really sweet and just misunderstood. You can treat a woman like dirt, and she'll keep her mouth shut for fear of ruining her chances with you, then thank you for the opportunity to suck your dick that night. She will feel satisfied – fulfilled – when she gets you off, because it validates her knowing that she was able to please such an attractive man. You can be fucking her weekly in a rotation of ten other women, and she'll still consider herself lucky to have you.

If you are not good looking – sexually unattractive – then every single thing you do is seen in the worst light possible. The sound of your voice is annoying. Everything you talk about is boring. It's creepy and off-putting when you touch her – she feels violated. No matter how many nice things you do or say, she doesn't notice, or takes them for granted, or minimizes them, or pisses all over them.

She might think that because you are acting a certain way, she's not attracted to you, but it's actually the opposite. Because she's not attracted to you, everything about the way you act sucks, and there's nothing you can do that will be perceived better. If she found you sexually attractive, she'd love everything about you no matter what you did.

Appeal to her body, not her brain. You do that by building an awesome body at the gym, not by finding common interests and emotional connections like some loser.

For those of you using TRP's new platform (which you should definitely check out), here's a [link](#) to the content there.

Archived from theredarchive.com

Comments

[deleted] • 109 points • 4 March, 2016 09:44 PM

Every fucking word here is true, you *gotta look good*.

I just wanted to add that once she notices you then your nonneedy frame will make you stand head and shoulders above all the faggots who are scared to upset her highness.

Look *your best* and know that she is one of a million rather than one in a million.

Paradigmond • 22 points • 5 March, 2016 03:07 AM

I really want to believe this is true. I've been doing double full body work outs three days a week and pick up basketball or sprints nearly every day. I fucking murdered it today, and played great basketball during a five game winning spree. At the same time I've been experiencing the worst depression of my life, and try to just spend as much time as I can at the university rec. It feels like my only effective tool in combating this, and I want to keep adding more until I finally get there.

[deleted] • 33 points • 5 March, 2016 03:43 AM*

Its true and I strongly encourage you to invest your time in yourself. Your fitness, hobbies, interests, and career.

Build a life that makes you happy. Women will fall out of the woodwork to participate.

Unfortunately, these women will all betray our blue pill dreams of *eternal happiness*. No problem, go back to your plans of building and living a great life for you.

You can rinse repeat different bitches or manage your LTR as a red pill man. Either way, you will know you are alone and not special. That realization will enable you to acheive greatness.

Good luck and feel free to private message me if you want to talk.

RedPillDad • 7 points • 5 March, 2016 04:19 PM

build a life that makes you happy...

Exactly. If your life is dull, good looks won't get you far. A woman wants to ride shotgun on a guy's awesome lifestyle. And when you have that, you start seeing weak women as liabilities who interfere with your fun instead of adding to it.

Nycredpilldad • 1 point • 5 March, 2016 08:19 PM

Fuck yes. Depression is something that can be managed if you stay busy doing the things that you enjoy & improve your life. Gotta avoid alcohol & drugs if you get triggered easily.

I'm going all in on a photography business with a friend, doing art & music again & hitting the gym whenever possible.

Thotwrecker • 9 points • 5 March, 2016 10:47 AM

Gotta double down and look for more ways to put yourself out there. You are in college so try to make all of your activities social; that will help the most with depression. Workout with buddies and if you are more experienced, lead them. Make friends with people who party and make yourself go out 2x a week. You don't have to drink, just socialize and build up your contacts, make a game out of it.

There is more to beating depression and living a kickass life than pouring yourself into "healthy" escapes like working out, reading, etc. It might be good for you, but it's not solving the fundamental problem.

Always remember, the solution to depression is motion. Constantly avoiding passive sinks by staying engaged and taking action, particularly in areas you find challenging and creative. Fitness cannot provide that in completion, unless it is truly your life's passion and you're going to try to make a career out of it.

Keep trying new things and force yourself out of your comfort (aka passive) zone - go join some new groups, try to join your school's improv club, a frat, fencing intramurals, whatever it is, and go out with the people you meet. Invite them to cool shit, build a social circle, and you'll bang with women in the circle you build. Because that's a full time endeavor (when combined with keeping your grades up, planning out a career, etc), you'll be too busy being mentally engaged to let your depression cripple you. It's not a "fix" for depression, but it's the best way to deal with it.

akolyteofthecentury • 1 point • 6 March, 2016 02:00 AM

the solution to depression is motion

This cannot be stressed enough. In times where you don't even want to get out of bed, the discipline to rise and keep going, not because you want to, but know you have to, is the most fundamental thing to surviving and, sooner or later, beating it.

Gata1906 • 1 point • 19 March, 2016 03:55 PM

Exercise has been the most powerful antidepressant in my life. Keep pushing man you'll come out happier and a whole lot better looking and feeling on the other side

sir_wankalot_here • 2 points • 5 March, 2016 04:22 AM

BS

Every fucking word here is true, you gotta look good.

This pretty useless advice. Obviously you should attempt to look the best you can, but some of us are short, old etc.

Do some critical thinking. Everyone here talks about 50 shades of grey. Critical thinking involves asking questions.

Is female porn visual or written ? Is male porn visual or written ?

The answers to those two questions will show that on a basic level OP is correct. But on a deeper level he is incorrect.

[deleted] • 15 points • 5 March, 2016 05:29 AM

There are short losers, and short winners.

I'm in my 40s. I am wearing same size jeans as when I was 17.

We don't need to look like Brad Pitt, but we should look the best *we can*

I'd bet anything if i asked you to send me a picture of you shirtless then it wouldn't be close to your potential.

sir_wankalot_here • 3 points • 5 March, 2016 05:54 AM

I'd bet anything if i asked you to send me a picture of you shirtless then it wouldn't be close to your potential.

100% correct. I am not fat, but on the other hand I am not in the same level of fitness like when I was 20 years ago.

But TRP in my opinion does not place enough importance on what the Romans would call rhetoric. I had an 80 year old former lawyer friend. They guy would have women half his age or younger eating out of his hand.

I knew another lawyer, he was cuckolding another guys wife. The woman was really good looking, and she had a pretty good looking husband. The lawyer was slightly overweight and average looks.

The point behind my rhetorical questions is men are concrete. That is why they like visual porn. Women are more abstract, that is why they like shit like 50 shades of grey. They also base their decisions on emotions, so basically if you inflame her emotions you inflame the woman.

So I could argue that you are not working at your full potential. It is no coincidence that both of the guys I described are lawyer and probably Mach as hell. A lawyer wins his case, partially by the logic of his argument but also to a large degree from appealing to emotions.

[deleted] • 5 points • 5 March, 2016 12:42 PM

Somehow you forgot that this was a post about looking hot.

Neither OP nor I said game or emotional state were not important, they are.

OP and I said it was critical and very helpful to look good. Then your hamster took over

sir_wankalot_here • 1 point • 5 March, 2016 01:33 PM

Bottom line is you are wrong.

OP and I said it was critical

This statement is incorrect. I have an acquaintance who is around the same age as me, so middle aged. The guy is married but usually has 5+ GFs at a time. He isn't that good looking, slightly overweight. He gets pussy that is half his age and he makes the girls serve him hand and foot.

If you met the guy, you would see why. He is highly intelligent, extremely charming and extremely well spoken. That is game my friend.

[deleted] • 5 points • 5 March, 2016 01:50 PM

He would do even better if he lost the weight

FlahFlahFlohi • 3 points • 5 March, 2016 10:19 PM **[recovered]**

Imagine what he'd accomplish if he was his best self? Stop trying to hamster away the idea that you work hard and get fit are not the absolute basics to the utmost success.

sir_wankalot_here • 3 points • 5 March, 2016 11:28 PM

Both you and /u/theultimatecad have no other argument besides "hamstering" the reason is because you are not sigmas. Normal people require outside validation, for a sigma his validation comes internally.

So with him getting chicks is one of his many hobbies. Define **success**, his definition of success it to do what he wants, when he wants, where he wants. For him it is largely a game.

Possibly King David was a sigma. During times of crisis often Sigmas are forced into

the alpha role. The reason why my post about David and his sling is down voted and upvotes at the same time is because on some level the story scares you. A sigma can take out an alpha any time he wants, and take over the group, but he does not have this desire. The baffles you and scares you.

FlahFlahFlohi • 1 points • 5 March, 2016 11:30 PM [recovered]

You're fucking kidding me, right? Lol

sir_wankalot_here • 1 point • 5 March, 2016 11:46 PM

It is sunday morning, I am in a contemplative mood. So I will play with this for a while.

For starters you can BS me, I can smell it. How I don't know. Usually the alpha comes along, and makes the mistake thinking that because the sigma appears to be weaker then him he makes an easy target. Usually I tell the alpha, go find someone else to play with. A smart alpha will do that.

The stupid alpha will think I am boasting, BSing, accuse me of being arrogant etc. So usually I maneuver him till he figuratively gets behind the 8 ball. Meaning what every moves he makes, it will be a bad move for him. He then figures out that I have him pinned.

Then it is amusing to see the fear and confusion in his eyes. Usually then we come to an understanding he leaves me alone, I leave him alone.

And you will make another hamster statement like

You're fucking kidding me, right? Lol

No need to BS me bro. Save it for the sheeple.

Fly_Swim • 3 points • 5 March, 2016 07:14 AM

Even in 50 shades it says the guy has a big dick, fucking kills me and my 5 incher, i nearly gave up women and sex bc 5inch fun stick is less fun

sassypaella • 8 points • 5 March, 2016 12:21 PM

Women don't know shit about sizes. If they like you you will be above average, and will become that short guy with the small dick after you next her. No one cares about your size.

OneRedYear • 3 points • 5 March, 2016 02:49 PM

Are you fucking ro please her or yourself? Next time you fuck a chic, don't give a shit about if she likes it. Fuck her the way you want to fuck her for your maximum pleasure. Just try it and contrast her response and behavior to when you fuck to please or make up for your short comings. Do an experiment and report back your results.

Fly_Swim • 1 point • 2 April, 2016 05:41 PM

size

ha ya i noticeably started doing this moreso the past few months and the sex has been much better for her too lol, i still feel like im getting less value/enjoyment/pleasure/sensation from sex than

90% of dudes and just feel shortchanged in life tho and am fighting for my life here with this 5 inch dick depression

MarcelAxellcomment score below threshold • -7 points • 5 March, 2016 07:38 AM

Not sure if you are serious, but just like your body adapts to physical stress from workouts by *putting on muscles*.

Your penis will adapt by a **jelqing/stretching routine**. You can easily put on more inches if you are dedicated.

poopcasso • 6 points • 5 March, 2016 08:14 AM

This is pure bullshit. Your cock isn't a muscle. Having a small cock will turn off most women only because YOU are uncomfortable with it. She doesn't know about your dick size until she's naked and her pussy is dripping and craving cock.

sir_wankalot_here • 3 points • 5 March, 2016 10:22 AM

My dick is old and doesn't work as well as it used to. So before I meet up with women I usually tell them this straight out. They usually reply no problem, they will work twice as hard to make my dick work properly.

Having a small cock will turn off most women only because YOU are uncomfortable with it.

People in general but women especially sense insecurity.

Fly_Swim • 1 point • 5 March, 2016 05:39 PM

what size exactly is small?

MarcelAxell • 1 point • 6 March, 2016 08:42 AM

Oh wow look at that, my comment severely downvoted, well no problem, truth is not always welcome.

If you read my comment carefully, You'd see it contains first a parable.

And then I neatly suggests a method that works for penile growth.

Never did I mention that the penis is a muscle, that is your subjective thought.

[deleted] • 1 point • 5 March, 2016 08:11 AM

Really? How? I'm usually skeptic of those, especially pumps. Do they really work without damaging your cock?

[deleted] • 2 points • 5 March, 2016 12:23 PM*

I agree with the logic behind your conclusion. However I think it boils down to word games/terminology. OP is correctly saying that she is following a **subconscious** imperative which emanates from her genetic goals. So her subconscious mind reacts to physical attractiveness which can be reasonably described as an animal/ bodily function. Yes the subconscious is technically the mind but it is not something she has **mental** or **conscious** control over. Good looks cut through her intellectual defenses but so does game. Game however needs to be applied consciously whereas good looks work passively for you.

sir_wankalot_here • 1 point • 5 March, 2016 12:42 PM

Game however needs to be applied consciously whereas good looks work passively for you.

Probably because of PUA, game has a bad rep. Basically PUA portrays game as a set of cookie cutter phrases. And for the most part it doesn't work. Game has to be tailored to the audience. And it is a learned skill that requires a lot of work.

I am not a master at game. In another comment I mentioned an 80+ year old lawyer who would get women to eat of his hand. He had a party, there where like 10 plus women around him. The women all had that kind glow in their eyes.

For that matter he was also able to use the same techniques on juries. He got clients off when literally they were caught with a smoking gun in their hands.

[deleted] • 24 points • 4 March, 2016 08:10 PM

Getting to the gym is the hardest part at first, then you'll love it. If you want to wake up early to go, or do it after work, caffeine really helps through coffee (pre workouts can be bad for you), but it may be wise to not start out that way, being that you may become dependent on caffeine to want to go. My point is, you'll eventually want to go or you'll feel like absolute crap if you don't.

Archwinger[S] • 37 points • 4 March, 2016 08:17 PM

Definitely. I can't ever go back to the way I was before the gym. I don't know how anybody makes it through life without working out.

I've always been a skinny guy. When I was younger, if I took my shirt off, you could count my ribs from across the room. Plus I had a little pot belly. I wasn't really fat, but next to the skinny rest of me, just a little fat looked like a belly. People laughed at me at pool parties. I wore a T-shirt in the water, just like the fat guys did.

The difference between how people treat you when you have a nice body is pretty staggering.

systemshock869 • 13 points • 4 March, 2016 09:30 PM **[recovered]**

Man I used to wear a t-shirt in the pool, but for the opposite reason. My childhood is pretty blurry but I am a nice-guy people pleaser through and through and was picked on a lot as a kid. Somehow I was at the point where I was embarrassed *about my good physique*. I did everything possible to keep myself out of the center of attention, and when I was the focal point of a group it stressed (stresses) me out so bad.

Basically, I've fallen completely out of a healthy regimen and in the past 5+ years (depression, marriage, desk job etc) I have been losing all of the momentum I used to have. I need to get my ass back in shape. And it wouldn't even be that hard. Sometimes the people who start with nothing have the biggest drive to build themselves up.

Archwinger[S] • 33 points • 4 March, 2016 09:39 PM

Society conditions young men to think that being a cocky asshole who struts around looking hot is bad and nobody will like you.

Thing is, when you're hot and strut around like some kind of asshole, most people will rationalize away all of that assholery and think you're just a funny, fun-loving guy.

If an attractive guy acts like an asshole, he's funny. If he acts nice, he's a cool dude.

If an unattractive guy acts like an asshole, he's a jerk. If he acts nice, he's creepy.

We go our whole lives thinking behavior > appearance. That you can make up a bad score for shitty

physical looks if you're smart enough, nice enough, successful enough. But if you don't have at least a baseline of attractiveness, you don't even get to play the game.

J_AsapGem • 5 points • 4 March, 2016 10:30 PM

i fucking hate myself for compressing that part of myself from an early age, a part of me knew what i was doing was wrong and something just didn't feel right about it, but i was still living that pussified lifestyle for way too long, but that changes now i'm 3 weeks in the gym and going pretty hard.

sir_wankalot_here • 1 point • 5 March, 2016 11:33 PM

LMFAO

Thing is, when you're hot and strut around like some kind of asshole, most people will rationalize away all of that assholery and think you're just a funny, fun-loving guy.

I dont think I am hot, but yah it is amazing how people will rationalize (hamster) things. Probably by definition I am an asshole. I tell people straight out they are full of shit, when they whine to me, I tell them straight out that the problem is they are stupid lazy fucks. Usually it is because IDGF.

Amazingly enough, somehow people think I am witty, direct and honest.

Gawernator • 0 points • 4 March, 2016 10:27 PM

and when you add your intellect and wit on top of a sexy appearance, you're that much better.

[deleted] • 3 points • 4 March, 2016 08:22 PM

It really is. I was as beta as it gets 3 years ago. Got my heartbroken and started lifting before I even found red pill. Women love a 6 pack. Ab ripper x every other day after a run, all the other days I lifted. Turn on some music that motivates you and fight through the pain, and, especially if you were super skinny like you, you'll have a shredded 6 pack in no time. Although, if you are skin and bones, I wouldn't recommend running too much.

RPSnuggles • 1 point • 5 March, 2016 07:27 PM

does ab ripper x actually work?

[deleted] • 1 point • 5 March, 2016 10:38 PM

Dude absolutely. Push to the limit. You won't be able to finish the exercises at all but every other time you do it you'll be a rep or two stronger in some places but you gotta push your mind and body to the max. There are ab ripper x2 and ab ripper x3 as well. I torrented the other two so I just cycle through them mix it up. ARX1 is probably the hardest but they all are hard in their own way. I recommend giving it a try bro!!

UniversalFapture • 2 points • 4 March, 2016 10:32 PM

I remember that... I was with my uncles in laws one day, at a pool party some years ago. I was in the pool and one of girls whispered "Why wont he take his shirt off?" And the guy replied "maybe he has flabbies..." He approached me and asked "Why dont you take your shirt off?"

"Its my favorite shirt"

"So? I took my favorite shirt off"

Dammit. I was so embarrassed.

masnera • 1 point • 5 March, 2016 04:48 AM

this is true, after working out for almost 6 months, (the day i have finished reading red pill side bar) i can notice subtle IOIs from random girls, getting kino a lot by my workmates, To be specific , my female co workers(low smv's) will kino me in nipples and thighs and they will just dismiss it as a joke, those with high smv will ask me nonsense questions, mostly touch me at shoulders or biceps. I do pull ups, push ups and squats(with improvised weights) only, every other day.

trumpisafaggybeta • 2 points • 5 March, 2016 03:13 AM

There are days you feel like absolute shit when going to the gym. Hell, there have been times where I walked into the gym and just wanted to walk out because I was sick of the *smell*. But your CONSISTENT hard work pays off in dividends here. I can post a picture of my body alone on tinder and get matches; clothes fit well and show off my body well. I think back to my days when I was a fat flooper, always self-conscious, who wore shitty clothes and looked disgusting beneath them. All of that changed the day I started going to the gym consistently and adjusting my diet.

Just remember-- there are extremely wealthy, successful people who are fat; fitness is its own realm, and it takes patience and time to achieve a worthwhile goal. It can't be bought, it can't be weaseled out of, it has to be earned.

[deleted] • 19 points • 4 March, 2016 08:45 PM

Appeal to her body, not her brain. You do that by building an awesome body at the gym, not by finding common interests and emotional connections like some loser.

Yes, because her physical attraction to you is most important. Your physical attractiveness is what gets you noticed and what gets your foot in the door.

In a long term relationship or marriage, the physical attraction she had for you when the two of you started out is the glue that holds you together at the beginning. The continued physical attraction is the resin and the lamination that forms over the glue and the initial bonding. And her memories of that physical attraction (and all the attendant feelings that went along with that) are some of the things that keep her with you decades later.

The reasons people are divorcing and breaking up now are because of wives' lack of physical attraction from the beginning of the relationship. It's much easier now to end those relationships even if there are marriages, kids, and monetary assets involved. If she was physically attracted to you at the beginning, she'll be much more likely to stay with you long term, because she's bonded to you, and because she's honestly come to terms with the fact that there aren't any better men than you that she could keep long term.

Archwinger[S] • 30 points • 4 March, 2016 08:53 PM

The downplaying of sex, when sex is supposed to be critically important, has really ruined marriage.

On one hand, we have women (and men) told from birth that sex isn't important. If you're focused on sex and sexual attraction, then you're shallow and you'll only attract shallow people and all of those relationships are doomed to fail. What you should really do is focus on common interests, a strong emotional connection, and marrying somebody you're good friends with. Then, the sex will come.

This makes a lot of sense to women, since they've had offers for sex their entire life. They don't think sex is that big of a deal since it's always been so easy to come by. It makes sense to men, too, because they've been told their entire lives that women need to feel emotionally close to you before they'll have sex, so men figure after marriage, sex will come more readily.

The end result is a lot of women marrying men that they're not sexually attracted to, thinking that this will change over time. Instead, they end up resenting a man who does so much for them, yet they don't feel the way they're supposed to feel about him. They hate feeling so guilty, so they berate their man into nothing, he withdraws, then they feel justifiably angry -- which is better than feeling guilty. Then divorce.

Out the other side, we live in the age of sluts. Women are encouraged -- practically required -- to "explore" and "find themselves" by having a lot of sex with a lot of men. This compounds the problem above, because now we have women who have completely separated sex from love. Sex becomes a purely recreational activity. Even a tool. Something common, not special. So naturally, women like this don't treat sex like it's important. It's just a thing they do sometimes for fun.

[deleted] • 8 points • 4 March, 2016 09:19 PM

The end result is a lot of women marrying men that they're not sexually attracted to, thinking that this will change over time. Instead, they end up resenting a man who does so much for them, yet they don't feel the way they're supposed to feel about him. They hate feeling so guilty, so they berate their man into nothing, he withdraws, then they feel justifiably angry -- which is better than feeling guilty. Then divorce.

Yes, this is pretty much the way it goes. But I don't think there's *no sexual attraction at all*. I think that what's going on there is that there's less attraction for the man she marries than there was for the men she used to fuck as a younger woman. So what happens is that there wasn't enough sexual attraction there at the beginning to keep her there as they both age and as the usual strains and stresses of married life happen (as they always do). There was some attraction there; it just wasn't very much to begin with, and it wasn't enough to keep her there long term.

I think the woman in this situation rationalizes it all with something like this: "I like him, I have things in common with him, he'd be a good father to my kids. I can have sex with him. I don't see stars and rainbows, the earth doesn't move, but I guess it's OK. It'll get better as time goes on. And it isn't all that important anyway, since we have many more important things to think about like our jobs and buying a house and cars and planning for kids." And that's what causes the marital trouble down the line - because the sex never comes, it only gets worse.

SilentAlpha • 2 points • 6 March, 2016 02:05 AM

This is without a doubt the core red pill reality people need to know about marriage. Especially any marriage where women have a past high partner count.

Leg_Day • 1 point • 4 March, 2016 10:31 PM

It's also the same reason men might cheat.

Expectations1 • 8 points • 5 March, 2016 12:33 AM

Another point is that if you're actually ripped but are a nice guy, it presents this contradiction in women's heads which they find attractive.

tb87670 • 4 points • 4 March, 2016 08:59 PM*

Once you've gotten to the point where your body isn't changing rapidly in size any more and is growing slowly at best, buy clothes. Clothes that fit and show off your physique.

I'm at this stage right now where I am still changing my shape every month and I lost enough weight that I actually had to buy a few clothes. A few more months and NONE of my pants will fit properly anymore but I did

have to buy a new set of boxers. About to buy new shirts, too, my current ones are loose and baggy and feel great but dammit they actually make me look *fatter* the way they hang now. Luckily I have some older shirts from when I was in shape years ago that can work for now, they are worn out to hell and look a bit ragged though so yeah gotta buy some new shirts too soon.

Archwinger[S] • 11 points • 4 March, 2016 09:01 PM

The amazing feeling of actually looking awesome and having energy and...literally feeling strength course through your veins -- being able to do things today, easily, that six months ago you wouldn't have even thought about attempting. That's worth the clothing money.

And you're ten times more likely to get laid. And in general, people just respect you more. Humans are so shallow. But rather than complain about this, why not cash in on it?

Overkillengine • 5 points • 5 March, 2016 12:45 AM

But rather than complain about this, why not cash in on it?

That thought process is great for blasting right through or even skipping the Anger phase entirely.

Losers complain about adversity- winners make it work for them.

tb87670 • 1 point • 4 March, 2016 09:07 PM

Heck I've gotten laid at 250lbs enough that I'm bored of women at this point, I knocked them off the pedestal and got mine at the same time mostly on mental game alone. I will admit as I lose more fat it is almost like a fucking cheat code, they just start to look at me more and I can act shittier then they act nicer as a result, my bluepill self would have been like 'wtf'

aherne18[□] • 6 points • 5 March, 2016 06:20 AM

All things correct, but if you're not a HG8+ you will still encounter LOTS of women that find you not good looking (=unattractive) no matter what you do. You can short-circuit their senses to temporarily lower their guards, but the next day/week their guard will be rock solid (plus they will be hateful after realizing they just have fucked/kissed an ugly/unpopular guy). Also, for the record, **it's the FACE that matters**, so no matter what you do to your body, a crooked face will still be... a crooked face.

Concentrating too much on your defect and trying to artificially resolve your genetic issues will plunge you back into a cycle of frustration and depression (after seeing so little results). "I can do nothing about it, I'm doomed!". Well, you very well are as far as looks are concerned.

You can instead be dominant, be aggressive, be popular, be sexual. This will achieve amazing results as long as you are displaying a combination of these. However, the moment you are no longer hitting the play button, once again you are "that unfuckable guy"...

freethinker34 • 5 points • 5 March, 2016 09:54 PM

You can improve your facial aesthetics tremendously by having low body fat levels. The differences are amazing average looking people can be handsome when their face becomes chiseled.

aherne18[□] • 1 point • 6 March, 2016 04:36 PM

Perhaps I've polarized the issue. Of course you can do something about it (such as no longer being a hog), but only... that much. You can't make a frog look like a princess:)

I'm doing gym 5 times per week, now at 37 I'm looking better than any time before, but the only positive thing I've achieved from this was exactly the reason I've started doing gym for 7 years ago: to make

others no longer see me as a target because of my innocent-looking face (same one that made most -but not all- women dislike me).

redpillbanana • 4 points • 5 March, 2016 08:37 AM

This is a good corollary to "You can't negotiate attraction."

Luckily for guys, there are more ways to be "good-looking" than just in the physical realm. If you're excellent at anything, you'll also generate attraction. Tons of social proof will also make you good-looking in the eyes of women. This is why the skinny EDM DJ is going to get more ass than the jacked dude on the dance floor.

It reminds of the story where a guy got laid because he could solve a Rubik's cube in less than a minute.

AnAbsoluteSith • 2 points • 27 March, 2016 06:37 PM

As a guy who can solve a Rubik's cube in under a minute I chuckled. I'll add it to the play book.

EntitledShitHead • 7 points • 4 March, 2016 10:59 PM

phenomenal post! Now that I'm the hot jacked guy, it surprises me the length women will go to keep me around. I tell them I'm indifferent and sometimes I'm even a parasite in their life, and they know that and don't care. Its fucking awesome -- I've never been on this side. I think you're really underplaying the importance of game though. If I go out and don't approach any girls, I won't get laid. However, I was at a frat part last night, and started talking to this one girl and she isolated me and she tried to kiss me first. This would not have happened if I wouldn't have approached her though. I see a ton of unattractive losers with hot chicks all the time to. I think approaching helps too.

Archwinger[S] • 2 points • 4 March, 2016 11:17 PM

Yeah, you still need to have *some* game, even if you're hot, but women are a lot more forgiving. Pretty much, all you have to do is not screw up. Everything you say and do is seen in the best light possible.

Conversely, if you're average-looking, everything you say and do is very harshly judged. If your game isn't tight, you lose.

If I had to weigh the two, I think attractive guys with passable game have it far easier than average-looking guys with great game. Obviously, being good with game translates into various other skills as well, so it never hurts, but being completely honest about which trait is actually more important? Definitely looks.

lereditrandomacc • 3 points • 5 March, 2016 03:27 AM

Our brains are our body's tool. Our brains don't use our bodies to accomplish things. It's the other way around. Our body wants things, whether it's food, water, protection from shitty weather, or sex, and it uses its best tool, the brain, to figure out how to get these things.

I think most people didn't actually realize how valuable this insight is. This is so true that even scientists and philosophers (e.g. Schopenhauer and Heidegger) will agree on that one. We mainly interact with the world by our bodies and its needs, then we rationalize it and use our best tool, the brain.

Anything that you do that appeals to the body will always be stronger than what appeals directly to the consciousness.

"People can do what they want, but they cannot want what they want."

naMlliPdeR • 4 points • 5 March, 2016 12:12 AM

I'd like to add to the skinny guys. DONT BE AFRAID TO BULK and lose your 6 pack. I've been doing 3x a

week heavy compound movements, and I've put on around 70 pounds in the last 8 months. I was a lean, good looking guy with a strong 6 pack. I wanted to get bigger. This is the fastest way.

I'm personally planning to gain another 40 pounds, then go on a cut. I still have around a 4 pack.

Extra: To clarify, I'm 6'3, so 70 pounds on my frame isn't the same as it would be on 5'7

Strike48 • 5 points • 5 March, 2016 07:42 PM [recovered]

70lbs in 8 months... That's a lot of fat mate cut your calories down a notch wtf. I bet there's some muscle gain in there, but holy shit you could have stayed leaner going up in weight and still gained the same quality muscle. That or you were just a fucking walking stick and your body somehow took all that food and ran with it. I still highly doubt that even half of those 70lbs is muscle though if you did in fact gain that much in only 8 months.

naMlliPdeR • 2 points • 5 March, 2016 07:53 PM

I did gain quite a bit of fat, yes :D But I gained a ton of strength.

ManchurianCandidate1 • 2 points • 5 March, 2016 04:19 AM

I'm a 6'2 hard gainer trying to get past 165lbs myself, what the hell are you eating to put on 70lbs in 8 months dude? I need that shit.

Strike48 • 3 points • 5 March, 2016 07:49 PM

Hard gainer is a stupid fucking word. You're a "I don't eat as much as I think I'm eating" gainer. To get big you fucking eat your required calories to grow and you workout like a fucking man.

Let me help you out.

Fill in the blanks for me.

Age:

Height: 6'2

Weight: 165lb

How many days a week do you exercise:

Office Job or Physical job if physical, doing what?:

How long are your workouts including cardio?:

Are your workouts light, heavy, intense, etc? :

How many days a week do you lift weights? :

Also, are you familiar with calorie counting, macros, etc? How many grams of protein are you getting in a day?

ManchurianCandidate1 • 1 point • 6 March, 2016 07:54 AM

I'll be 21 in April.

I lift 3-5 days a week depending on work/life but always at least three days. My exercise was ultimate frisbee and running every other day minimum but I quit that along with body weight workouts so I don't burn any unnecessary calories...

I work at a hardware store. Most days involve a fair amount of movement. Not "active" but I don't get to sit down. I walk around 10k steps according to my fitness pal/UA Record and those were the slow days.

I lift about an hour give or take.

Workouts used to be an intense superset like all the fucking way through but I was trying to have the most awesome six pack ever and fuck bulking. Now I'm more laid back and concerned with form and getting my reps done/not burning any extra calories doing stupid shit.

3-5 days a week.

And yes I use my fitness pal and am trying to accomplish around 3,500 calories a day. I'm going with the "See Food" diet. I get typically 1500 calories at lunch and another 1200-1500 at dinner with on average 700 for my breakfast.

Strike48 • 1 point • 6 March, 2016 06:33 PM*

Well 3500 calories should definitely have you gaining some weight according to your body stats. I'm thinking that your 10k steps a day might be burning few extra hundred calories. You say it's not a lot, but that's around 200-400 calories burned on just walking bro.

What program do you follow and what are your lift stats?

Primarily, how much do bench/squat/deadlift/Military Press and how many sets per the weight can you do? Other weight stats might be useful too, but those main 4 should give me an idea of where you are in strength level.

Let's do this. You will start eating at 4000 calories a day. I want you to track your macros as well. I'm glad you know about MFP and that you use it. It's very useful without a doubt. Good thing you're familiar with calories so you can skip that part of the learning. Are you familiar with macros? Protein/Fat/Carbohydrates?

I need you to eat the following

4000 calories

180g protein

74g fat

667g carbohydrates

Now, here is where I think may lie the reason as to why you're not gaining. I could be completely off, but how do you measure your food? Do you own a food scale and measure your food by

weight?

ManchurianCandidate1 • 1 point • 7 March, 2016 12:22 AM

Yeah I'm supposed to be putting on like a lb a week at that much over maintenance.

As for a program I just do the shit I did back in the high school football days with a few extras I learn here and there. My bench is pathetic at like 130ish but I can dumbbell press the 55's 8x3 I'm gonna put 60's up for at least a 5x3 next chest day I hope. Squats I don't do because I fucked my back up squatting sophomore year and then hurt it even worse junior year during a game. I try to make up for it with leg press. My leg press is in the 300's I have long ass legs it's hard to get full rom and not get stuck lol I don't do deadlifts really, never got into it. Military press is like 35's I have bitch shoulders.

4K sounds terrible, lets do it. I haven't learned about macros just heard them mentioned. I figured if I get enough calories I'll gain weight one way or another.

Strike48 • 1 point • 7 March, 2016 12:47 AM

Yeah man there's a lot of shit to know. My advice for you is, get a good food scale and actually measure your food. If you eat out a lot it's hard to calculate the calories and macros on already prepared food it's it's always recommended that you make your own food that way you know exactly how many calories you're getting along with the macros. If making the food yourself is just not up your alley then this whole things becomes extremely more difficult. It's just a matter of how much you want it I suppose so I'll leave that up to you. Do some research on what macronutrient are and also look for an actual structured program to follow. Squats and deadlift aren't the end all be all, but they're both very fucking top tier exercises, but if it's just not physically possible for you then we can work with other leg exercises that will work for you.

For now: Look into a food scale.

Learn what macronutrients are. Try to find a begginer strength program. You're fairly weak so I would start there and maybe move over to a hypertrophy program once you build more strength. Let me know if you need any help with anything. I would love to hear that you're actually gaining weight some time in the future. Best of luck

ManchurianCandidate1 • 1 point • 7 March, 2016 02:21 AM

I'm gradually getting more motivated and determined to get big. I thought working out 6 days a week was the way for years and now I'm trying to eat right and get the calories I need to grow, meal prepping is just the next step I'll have to take if I'm not seeing improvement. I'm coming out of a deep depression and trying to work back into being a go getter instead of laying in my bed wishing the world would be fair and just give me what I want instead of earning it the way I'm supposed to. I needed to be called out some like you did. There's too many people preaching that you're perfect the way you are.

I'll look into macros and I saw a program by Jake Wilson on Bodybuilding.com that I liked, I think I'll try it out next week.

Anyways, thanks a lot for the advice man I appreciated you taking the time to impart some wisdom. I'm going to sit down tomorrow night and evaluate myself and decide how I'm going to go about this.

Thank you.

Strike48 • 1 point • 7 March, 2016 02:32 AM*

I'll look into macros and I saw a program by Jake Wilson on Bodybuilding.com that I liked, I think I'll try it out next week.

Good plan man. I would suggest stronglifts 5x5, but half the program is basically squats and deadlifts lol. I wish I knew of a legit program that replaces those two with other alternatives, but sadly I dont.

Also, I hear you on the whole depression thing man. I know RP is all about alpha this and that, but I recently just cut ties with a girl I was really into and I know that feeling of laying in bed enjoying the comfort of the blanket. Sometimes though, I become frustrated with myself for allowing myself to lay there helpless and that gets me out of my rut and into the gym on a Saturday morning. I'm all for RP shit, but we're all human and unless you've programmed yourself to have the feelings of a robot, there is no way that I believe all these dudes are completely emotionless as they portray themselves to be on this forum board. The great thing about the gym is that once you get yourself off the bed and actually get dressed and inside the iron room, you feel much better. You're in an environment where everyone is looking to better themselves. You start lifting the weights and start taking notice of how fucking badass you are for taking a goal that you want and actually chasing it. Then you remember how fucking on point you are with diet and macros and feel the comfort that your nutrition is helping you reap the most benefits from the training. You start to realize how many people actually have no idea on proper nutrition and are just wasting time. That's you atm, but you're blessed enough to be able to learn and change that. The HUGE advantage you will receive once you learn about macros and start tracking your calories correctly. Then, with the consistency come the gains and rewards. You get a huge high from going into the gym knowing that you look sexy as fuck. I just recently reached 13% body fat for the first time in my life (former fat boy) and I feel like I'm getting eye fucked left and right and it feels fucking amazing. I'm sure not everyone is checking me out, but I feel like they are and it boost my confidence to sky levels. What I'm trying to say is that you should stick with it if possible. For depression, it really does help and it makes you sexy which then gives you a huge confidence boost. Stay up brother and best wishes to you.

ManchurianCandidate1 • 1 point • 9 March, 2016 03:21 AM

I don't like strong lifts it involves too many deadlifts and squats for my tastes. But I may have to bite the bullet one day.

Dude depression doesn't fuckin play. Just like you said there was a girl and things were going fucking great, life couldn't be better, then oh hey you're fucking him now? Cool I'll show myself the door... I just fucking let this dude take my girl because I turned into some beta bitch. The anger has driven me through a lot of reps but it also broke me for awhile I lost all kinds of friendships because I just wouldn't go out or do anything. I had the same feelings of frustration and anger because I was knowingly wasting my life away over something so stupid, but I couldn't stop kicking myself about how pathetic I had acted. It's embarrassing.

But now I get the opportunity to build up stronger and better from scratch. Replacing fake friends with real friends and setting a new foundation to support me for the rest of my life as I improve. Also wouldn't hurt if she got to see what she's missing because she bailed when I hit a low point.

The struggle to get back in the gym and start trying again took me all summer but once I started doing it I was like fuck I miss this shit. Then I would relapse for a few days and rinse repeat until I'm back at it 3-4 days a week and feel like my life is incomplete if I miss a day. And I said I was gonna try to dumbbell press the 60's 8x3? I fuckin did it. I was plateaued at 50 for like a year before I quit lifting, just couldn't manage it. But now that's 10 lbs in two weeks man I'm stoked. I've never even benched my body weight dude but I'm hell bent on achieving it now.

This success has reminded me of the battle against myself that I used to love so much, to get stronger or run faster and just constantly try to be better than I was yesterday, it's made me hungry, I want to achieve again and not just stagnate and die wallowing in my self loathing and pity.

I'm pumped to start using my diet to increase my gains and stop wasting my time stuck on shit because I'm half assing my training and start doing shit right and fucking growing I want to attain at least 185 lbs of lean mass.

Is the end of summer an unrealistic goal for that?

And dude I'm at %9.0 even last time I checked (few months and I wasn't lifting at that time, so should be lower now) and it's pretty cool to have abs and shit especially at the beach but it's way cooler to be big and have large pecs and arms as opposed to being just athletic skinny with almost an 8 pack. I'm jealous tbh. I would kill to just have to eat less and cut its so much easier than this insane amount of eating I'm trying to accomplish.

ManchurianCandidate1 • 1 point • 7 March, 2016 12:24 AM

On mobile so I didn't see the last paragraph.

I do not have a good scale. I just input the stuff I eat into MFP and it spits the numbers out, I have to eat a lot of fast food unfortunately because of how far I live from my workplace. I've been thinking about trying to meal prep but it's kind of a daunting task

naMlliPdeR • 2 points • 5 March, 2016 02:13 PM

I went from a very ripped 176 lb to 245, strong with 4 pack. 4 liters of milk a day, plus whatever I used to eat. 4 liters = 1 gallon.

Entropy-7 • 6 points • 4 March, 2016 09:40 PM

I have to disagree with you. First you get inside their head, then you get inside their pants. The complicating factor is that women are bundles of emotion rather than rationale creatures. Play to their heart and you will get to play with their fiddly bits.

If I am on the prowl then yes, I lift, I groom, I "manscape" to give me every possible advantage, but at the end of the day it is Blarney and Jedi mind tricks that get you the bang.

Simply being jacked makes you little more than a museum piece. You need some sort of game to take that and get pussy. Fat guys with game get more than socially inept hard bodies.

So absolutely, every swinging dick reading this post should be hitting the gym. But additionally, join your local chapter of Toastmasters and get that silver tongue. Read, absorb and live *The 48 Laws Of Power*.

I have not bought into the NLP types, but get yourself some Jedi mind tricks. I have a few of my own that are difficult to convey.

Archwinger[S] • 12 points • 4 March, 2016 09:49 PM

We'll have to agree to disagree on that one. While it's true you need to have some level of game (in addition to some level of looks), the hot guys who barely have to try have it way easier than the ugly guys who have to have impeccable game.

If you're hot, all you have to do is not screw up. Women will give you amazing leeway for everything that you say and do. It's all seen in the best light possible.

If you're terrible looking, you don't even get in the door. You have to have at least the minimum looks requirement.

If you meet the minimum looks standard, but just barely, you're being judged more critically on everything you say and do. It's a tough road. Much tougher than being hot and just not screwing up.

[deleted] • 2 points • 4 March, 2016 11:34 PM

Agreed. You've still got to have some game but there's a massive difference between being good-looking enough for her to be *willing* to fuck you (if you earn it through game) and being good-looking enough for her to *want* to fuck you and all you have to do is not screw it up.

Can you be ugly as fuck and still get laid? Of course, but why would you go that route if you don't have to? Men don't mind taking the hard path but only a fool makes his job harder just for the sake of making it harder.

reigorius • 2 points • 4 March, 2016 11:56 PM*

In essence the both of you agree with each other. The extremes that are used, fat boy needing impeccable game and the jacked Chad getting laid without gaming, meet in the middle when we apply it to ourselves. You don't need to look perfect, you need to look good enough. You don't need to have PUA-masterskills, you need to have decent enough game.

All women desire a George Clooney/Gerard Butler/Sam Worthington, just as we long to fuck pretty and young women. But women are acutely aware of their own value and aim for someone higher than their own value, if only slightly. If what you attract are 5's or 6's on your rating scale, it gives a honest signal of your own rating. If you want to attain higher numbers, you have to improve in one or more area's.

J_AsapGem • 2 points • 5 March, 2016 12:25 AM

i have a friend who's a dancer, red skin fairly handsome guy, he practices in a park and one day this HB7 came up and started watching him dance, after he was finished he asked her if she wanted to fuck, and that's it never got her name or anything, this guy is built like an athlete and handsome, no words needed

daprosecta • 1 point • 5 March, 2016 03:32 AM

I have played both sides and now that I'm built like a linebacker vs the dlineman I played in college, woman flirt and make themselves available to me even though I don't take advantage. On the flipside, I have a friend that at 320 6'4 that would get play but he had to work a hell of a lot harder. You are right,

when you look good, you just don't have to screw up and it doesn't take much convincing.

Entropy-7 • 1 point • 4 March, 2016 10:22 PM

Well, yes, there are minimum standards to get you in the door.

Some guys have genetic advantages. I am 5'10" (completely average), I shave my head because it is better to be bald than balding, and I am a hard gainer with a modest physique. Some Chad will be 6'2", have a mop of lovely hair, be jacked and all he has to do is show up adn pussy it thrown in his lap.

You can't mess with genetics, and some guys have a natural gift of the gab. The rest of us have to work at it.

Jax77789 • 1 point • 5 March, 2016 01:44 PM*

I think genetic advantage is relative. You can be average and be a god to some stunning woman from the third world because you offer an interesting addition to their gene pool. This is why we "white" people have it easier with asian women, we are on average better when it comes to musculature and height in that ethnic group. There is a shoe for every foot unless diseases, debilitating conditions etc. My 0.02\$.

Entropy-7 • 1 point • 5 March, 2016 03:14 PM

I have been living in China for the last 3 years or so, but before that I spent a while dating Chinese women in Canada. The Chinese women in Canada can take it like a trooper and maybe give a few grunts and groans in the process. However, China raised girls consider me a God of Cock. I have to go easy on them and they won't STFU about how big and painful I am.

The conclusion I draw from this is that Asian girls in Asia get no dick or 3 inch dicks or something, while Asian chicks in western countries have been boning white guys and have had their pussies stretched out.

CuriousFloyd • 1 points • 5 March, 2016 08:44 PM **[recovered]**

Minimum standards and is absolutely correct.

If you wear glasses, get contact lenses. Look towards the avenue of permanent correction so you don't have to piss about with them ever again. If you are short sighted, as approximately 50% of the population is to some degree, without glasses your eyes will look larger. Less beady.

I am going for otoplasty (ear pinning) in the next few months. TRP doesn't even mention things like this. But you have to begin looking normal before you can start to appear special.

Entropy-7 • 1 point • 6 March, 2016 01:48 AM

I was a virgin until I got contact lenses. As an update, I got PRK laser surgery in 2007. A friend of mine knows one of the top cosmetic surgeons in China who specializes in eyes. I am pushing 50 but routinely get mistaken for mid-thirties, as flawed as I am. So I tend to date women in their late twenties or early 30s. If I could clean up my crows feet and bags then I think I could get back to banging college girls and teenagers. A bit of lifting will help as well.

circelhat • 2 points • 5 March, 2016 01:09 AM

is BE GOOD LOOKING

False, make her feel good, good looking is very subjective and most girls will fuck a ugly alpha over a hot beta

any day(There are limits of course)

This is blue pill advice, your looks aren't what stops most guys, but rather their attitude , make a girl feel good and understanding how to do this is the most important thing.

Remember the brain is the most important sexual organ

reigorius • 2 points • 5 March, 2016 06:37 AM*

It's not black and white. It's not attitude alone or looks alone. A well build man can still fuck it up when he opens his mouth and mr. Game & Frame still loses out on a lot of female willingness and interest when not looking masculine/attractive.

With that said, attraction starts with what the eyes see. Don't be fooled by what you heard when growing up. A woman is attracted by what she sees first. This is what /u/archwinger is saying: the foundation is your body, the way you look. A muscled body always beats a skinnyfat body. From there you can go up or down in value in their eyes.

Well dressed? + Well groomed? + Oozing confidence ++ Humor? ++ Impeccable frame? +++ Looking like a sick, fat fuck -----

If you have the above but you look unattractive, unmasculine...then you need to work so much harder if you want to spearfish successfully with your dick.

Duurid • 1 point • 4 March, 2016 09:44 PM

I.. I have no idea if I'm good looking or not.

Leg_Day • 6 points • 4 March, 2016 10:43 PM

Do you ever catch girls staring at you?

Are you at all narcissistic?

Has a girl ever started a conversation with you?

When you talk to girls, do they look bored? Or do they consume every word you say?

These are dead give-aways that you're doing something right or wrong.

Archwinger[S] • 6 points • 4 March, 2016 11:01 PM

That's a good list. A girl who thinks you're hot is magically interested in everything that you are. A girl who thinks you're unattractive thinks everything you talk about is a loser topic. That's how shit like video games became regarded as a girl-repelling loser hobby. If gamers were primarily hot dudes, gaming would be a hobby that had groupies.

freethinker34 • 1 point • 5 March, 2016 09:56 PM

Very true, most gamers are some of the ugliest beta males Ive ever seen. Although this is changing to some degree with gaming becoming more mainstream.

Leg_Day • 1 point • 4 March, 2016 11:19 PM

Yeah but there are plenty of girl gamers that wouldn't be considered anything close to attractive so the world remains in balance.

goat_fetish_king • 1 point • 5 March, 2016 01:07 AM

This is the best advice I've ever read on here. Thank you!

[deleted] • 1 point • 5 March, 2016 02:34 AM

Such a solid post, thanks. So much of this sounds familiar to me, wearing the tshirt in the pool, being ignored because I was average looking, skinny with flab. I have managed to overcome a lot of this with game and status but my life would be so much easier if I was handsome or buff. I have only just discovered the red pill in the last 6 months and the gym has always been a hard habit for me to stick to. Now I do exercise, I am looking better but it is a long road. It is the only way to guarantee success. I have to work my ass off to find women. I need to use online dating and send so many emails, my approach sucks because I am not confident in my appearance.

Game helps you to flick on emotional triggers which make a woman attracted despite your lack of good looks. It is amazing how a woman who I have successfully seduced now thinks I look like Guy Pearce and she thinks my dick is 2-3 inches bigger than it actually is. However I had to work hard to get there, my friend who is buff just stands in the middle of the bar grinning while women walk up and touch his biceps and give him their number. He does not do any work at the bar or nightclub because he has already done his work at the gym. He does not need game, he does not need to say a damn word, all he needs to do is arrive.

It is so important to work on yourself before you look outwards. We are a work in progress and it takes massive effort to transform oneself. Every 1 minute spent in the gym, buying decent clothes, reading good books, advancing your career will save you 5-10 minutes of pointless approaches, swiping left and right, dealing with rejection, and beating it off. All those nights feeling like a depressed failure and visualising the girl who is never going to text you back, can be over permanently if you look good.

StoicCrane • 1 point • 5 March, 2016 09:17 AM*

For those who can't make it to the gym for whatever reason exercise using body weight. I recommend for beginners push-up routines of 3 sets of 25 and amp it up each week by adding 5-10 more reps per set. 3 sets of sit-ups, cruches, pull-ups, dips squats, etc.

Alternative your routine between upper body, core, and mid- body periodically or if you have one target area hit that area every day. No excuses. Alter your diet accordingly.

Water instead of soda. Nuts and almonds over chips and salsa. Organic home-cooked bacon egg and cheese sandwiches over Mcgriddles. Stay consistent and you'll be ripped in a little over 90 days!

<http://thatsnotfood.com/don-t-stress-if-you-can-t-get-to-the-gym-you-can-build-strength-and-mass-without-weights/11/> --Some tips where to get started.

UtopianfreeMan • 1 point • 5 March, 2016 11:17 AM

Raise testosterone. Fuck all the rest.

[deleted] • 1 point • 5 March, 2016 02:34 PM

The thoughts in this post are great, but there is a trap that everyone must be aware of.

Looking your best is important, but it is not the ultimate goal. You must not ever think that a girl didn't want to fuck you because your haircut was two weeks old, or because your guns aren't showing through your shirt.

The rule of thumb here is, if you are not standing out of the crowd because of how bad you look or sound, you are fine. Sure, if you can stand out positively, that is a winner. But that should be your priority. If you are doing everything else right, that will happen without you even realizing it.

Abadalt • 1 point • 5 March, 2016 04:54 PM

I really appreciate you for posting this. Absolutely phenomenal advice about the laws of attraction, and it was just what I needed to read to make sense of things that were bothering me. Will be increasing and perfecting my workout regiment ASAP.

esperanzablanca • 1 point • 5 March, 2016 11:46 PM

I would add : fix and whiten your teeth. Since I got my orthodontic work, Im getting girls a LOT.

KaneBash • 0 points • 5 March, 2016 01:13 AM

Doing yoga, meditation and eating right will make you look even better. And most importantly it will give you a better aura than simply being one of those gym lemmings. Fuck having huge muscles, it's about being healthy and having a conscious mind. That's what gets you the 10's.

Luis_McLovin • 0 points • 4 March, 2016 11:29 PM

It's women's mating strategy for THEM to find "common connections" such that they want to stick with the guy who fucks them non-stop and not feel used. COMMON CONNECTIONS IS A WOMANS MATING STRATEGY. Men can use it too, of course, but don't expect it to triumph over when a man approaches your woman with better "man" game... YOU WILL LOSE. So. BE A MAN. DONT BE A WOMAN. Capische? Good. NOW GO BACK TO BEING FUCKING AWESOME FELLOW TRP READERS! WE ARE PART OF THE NEW GENERATION TO CHANGE OUR WORLD!

noaydi • -1 points • 5 March, 2016 03:08 PM

this is becoming ridiculous.

[deleted] • -3 points • 4 March, 2016 11:16 PM

[permanently deleted]

Archwinger[S] • 3 points • 4 March, 2016 11:19 PM

Give him a bath, make him not smell, dress him in something that's not torn up, and have him be vague and mysterious about what he does for a living, and he'll be swimming in pussy.

[deleted] • 2 points • 5 March, 2016 12:27 AM

They are into the feelz his persona generates. Body + nice suit + other vestments of success + ability to be social is the whole experience.

That aside , their body responds to his body. Not to anything else.

Similar for men. I have females whose company can be quite pleasant but whose body does not arouse me- so they don't get the D

[deleted] • 1 point • 5 March, 2016 01:38 AM

Actually, we've already seen a chick bang a homeless dude. So you're wrong.

WolfofAnarchy • 0 points • 5 March, 2016 09:04 AM

This is why I refrain from coming here too often, it's reading crap like this.

Archwinger[S] • 4 points • 5 March, 2016 01:44 PM

So are you one of those PUA masters who genuinely believes that looks don't matter? Game conquers all? If you don't at least meet the minimum looks threshold, you don't get to play the game at all.

Or are you one of those MRA wackos who thinks that working out to get hot counts as putting pussy on the pedestal? Even though when you look badass, everyone treats you better. Even other men. Good looking guys get job offers, raises, promotions, and special favors more often than average losers.

WolfofAnarchy • 4 points • 5 March, 2016 01:49 PM

PUA is bullshit. It's all about confidence and body language. It's about status, power, and indeed, looks. But I don't like these kinds of posts, man. We are all animals, etc. I don't have a good reason for it but calling yourself an animal basically says 'I'm just here for the fucking, not for being happy, not for success, not for a fulfilling life, just to put my meat into a woman.'

I don't think like that, which is why I only like some of the top posts in this sub.

Now, you and many others are absolutely free to think like this, and I respect that, it's just that I personally don't agree with it. Hope you understand.